



## Homemade Caramel Taffy

 Vegetarian  Gluten Free

READY IN



155 min.

SERVINGS



35

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup butter
- 1 cup plus light
- 16 oz brown sugar dark
- 1 tablespoon orange zest loosely packed
- 14 oz condensed milk sweetened canned

### Equipment

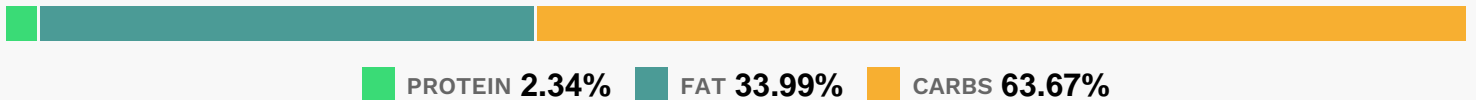
- frying pan
- sauce pan

- knife
- aluminum foil
- candy thermometer

## Directions

- Line bottom and sides of an 8-inch square pan with aluminum foil, allowing 2 to 3 inches to extend over sides. Generously grease foil. Melt 1 cup butter in a 3-qt. saucepan over low heat. Stir in brown sugar, sweetened condensed milk, and corn syrup until smooth. Bring to a boil. Cook over medium heat, stirring constantly, until a candy thermometer registers 235 (about 20 minutes).
- Remove from heat.
- Add orange zest; stir 1 minute or until mixture is smooth and no longer bubbling. Quickly pour into prepared pan.
- Let stand 2 hours. Lift caramels from pan, using foil sides as handles.
- Cut into 2- x 1-inch pieces with a buttered knife. Store at room temperature up to 1 week. To package for gifting, wrap each piece in a taffy wrapper.
- PACKAGE IN: Medium Glassine Bag (20 cents; thinkgarnish.com)

## Nutrition Facts



## Properties

Glycemic Index:3.71, Glycemic Load:5.19, Inflammation Score:-1, Nutrition Score:1.2860869528807%

## Nutrients (% of daily need)

Calories: 159.89kcal (7.99%), Fat: 6.27g (9.64%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 26.39g (9.6%), Sugar: 26.23g (29.14%), Cholesterol: 17.8mg (5.93%), Sodium: 65.78mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Calcium: 46.06mg (4.61%), Vitamin A: 193.08IU (3.86%), Phosphorus: 30.8mg (3.08%), Vitamin B2: 0.05mg (2.91%), Selenium: 1.97µg (2.81%), Potassium: 61.32mg (1.75%), Vitamin E: 0.17mg (1.13%), Vitamin B1: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.1%), Magnesium: 4.38mg (1.09%), Zinc: 0.16mg (1.06%), Vitamin B12: 0.06µg (1.02%)